

The Southern COACH & ATHLETE

Volume II

A Magazine for Coaches, Players, Officials and Fans

Number 8

JUNE, 1940

15c



Blocking and Tackling

By Wallace Butts

The High School Catcher

By J. V. Sikes

Knee Injuries

By Fitz Lutz

Coaching Clinic Announcements

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University of Georgia

For more details see pages 6 and 7 in this issue—and for additional information write:

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Secretary, Georgia Athletic Coaches Association

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ATLANTA, GEORGIA



The Southern COACH & ATHLETE

A Magazine for Coaches, Players, Officials and Fans



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Volume II

JUNE, 1940

Number 3

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Blocking and Tackling

By WALLACE BUTTS

Football Coach, University of Georgia

Coach Butts, the author of this article, will coach the South Georgia All-Star Football Team at the Georgia Coaching Clinic in Atlanta this summer. The next issue will carry an article by Frank Thomas, of Alabama, who will coach the North Georgia team.

The fundamentals of football may be listed as follows: blocking, tackling, running, ball handling and discipline. I have placed blocking and tackling at the head of the list. Perhaps it is possible to win games without emphasizing either blocking or tackling. I do not believe, however, any coach will experience consistent success unless these fundamentals are stressed.

We scouted Georgia Tech several times during their successful 1939 season. We were impressed with the running, ball handling, quarter-backing and poise that Tech showed against representative teams. We also were impressed by their sharp blocking. The Tech offense was deceptive and versatile. A delayed reverse set up Tech's first touchdown against Georgia. On this play the ball handling was exceptionally good and the Georgia weak side end was completely fooled. Deception made the play. I believe, however, that hard downfield blocking hurt us more on other plays.

Blocking may be learned only by patience and hard work. I do not believe it is possible for a boy to be an outstanding blocker unless he enjoys working to improve his blocking technique. Most of us like to do those things we can do well. Perhaps the big job facing the football coach who aspires to develop a blocking team is to sell his players on the pleasure and satisfaction that result from doing a hard job well. More and more coaches are able to sell blocking, and for that reason most

modern football teams have several great blockers.

Running is important and is the basis of all offensive work, but blocking paves the way to touchdowns. The blocking team will almost invariably win if other factors are equal. At Georgia we spend about seventy-five per cent of the time allotted to football practice on our offensive maneuvers. We insist that each boy work hard to learn and to execute blocking assignments. We believe that blocking drills will be taken seriously by those boys who will eventually develop into good players. Occasionally we run across a player who lacks the desire and determination necessary to play offensive football. We do not condemn a boy for his failure to like football well enough to pay the price. We do believe, however, that he should play some other game.

In building an offense we follow set patterns as much as possible. Since it is impossible, however, to determine exactly where all defensive opponents will be as each play develops, we spend hours trying to develop balance and quick reaction in our blockers. We insist that every boy watch the man he is to block. To insure this necessary accuracy in blocking we have at least one lineman say aloud before each play, "Watch the man you are blocking."

The ultimate object of all blocking is either to take an opponent out or to prevent defensive men from moving into the pathway of the ball carrier. The objective could be accomplished with ease if the use of the hands and arms were allowed. Since it is a foul to use the hands, blocking is not natural and is the hardest of all football fundamentals to teach.

We do not use many different types of blocks. Linemen use the shoulder, reverse and cross-body blocks. Our linemen also must practice driving through opposing linemen to carry out assignments in the secondary de-

fense. To turn a defensive lineman, the post-blocker drives a head-on into the midsection of the opposing lineman. The reverse block is executed by driving viciously into the opponent with the outside shoulder. In executing the cross-body block we miss with the inside shoulder and drive the body in between the opponent and the ball carrier.

Our backs use the shoulder and reverse blocks. Occasionally we find a big boy who is unusually effective as a hip or body blocker. We encourage him in this type of blocking because the real thing we are after is results.

A team of down-field blockers is hard to beat. We try hard to sell our boys on this phase of the game. We tell them that a team's discipline and will to win may be judged by their down-field blocking.

Good line backers probably make about sixty per cent of all tackles. We work almost every day against live line backers. We try to drive them back so our guards and other pulling linemen can cross the line of scrimmage. We work hard on shoulder blocking line backers even in dummy scrimmage. When running blocks are used in deep downfield blocking we insist that the head and shoulders be driven in front of the defensive player in order to avoid clipping penalties.

At Georgia we use upright dummies and Crowther machines to aid our ends and backs with their blocking. Our guards work on the Crowther machine every day during spring practice. We have two home-made individual sleds for the linemen. It is necessary for a lineman to charge with the proper form and leg drive to move these sleds. Once the sled moves, the lineman must follow through or he will fall to his knees. I am convinced that our line charging has improved with the use of this machine.

(Continued on Page 21)

THIRD ANNUAL

Sponsored by Georgia

GEORGIA TECH

August 21

NORTH GEORGIA ALL-STARS



FRANK THOMAS
University of Alabama
Coach of North Georgia All-Star Football
Team



ADOLPH RUPP
University of Kentucky
Coach of North Georgia All-Star Basketball
Team



CLAUDE BOND
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Trainer of North Georgia All-Star
Teams



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NORTH GEORGIA ALL-STAR PLAYERS

FOOTBALL

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Bobby Keith Tech High
Bob Parker Monroe

GUARDS

Jack Jordan Boys High
Ben Grimes Gainesville
Fred Jackson Commercial
Buster Beall North Fulton
Willard Haines Darlington

TACKLES

Jack Askew Greensboro
Willard Boyd Dalton
Raymond Watson Cedartown
Sterling Eaves Boys High
Joe Suddath G. M. A.

ENDS

Alfred Anderson Dalton
John Lance Monroe
John Brown Boys High
Rupert Davol Marist
Bob Huggins Tech High

BACKS

Ben Cogburn Tech High
Dick Gray North Fulton
David Morris Russell
Frank Fain Canton
Ralph Kenerley Boys High
Ed Pearce Decatur
Roland Condon Athens
Ed Stephens Rome
Audley Tucker Darlington
Ted Forbes Monroe
Hugh Alford Hartwell

BASKETBALL

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Everett Cown Clarkston
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Russell Aitken Elberton
Asher Edelstein Boys High
Eugene Spier LaGrange
Charlie Scruggs Fulton
Carl Anderson G. M. A.
Jesse Hyder Monroe
Billy White Jefferson

These 76 players are the best that were graduated from the Georgia High Schools last season. During the week of the clinic these teams will be actually coached by these outstanding mentors, who will explain and demonstrate the methods and tactics that have made them famous in their respective sports. The clinic will be climaxed by the all-star basketball game, Thursday night, August 29, and the all-star football game, Friday night, August 30.

COACHING CLINIC

Athletic Coaches Association

ATLANTA, GEORGIA

—30, inclusive

SOUTH GEORGIA ALL-STARS



WALLACE BUTTS
University of Georgia
Coach of South Georgia All-Star Football
Team



ELMER LAMPE
University of Georgia
Coach of South Georgia All-Star Basketball
Team



FITZ LUTZ
University of Georgia
Trainer of South Georgia All-Star
Teams

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Alfred Langford	Columbus

TACKLES

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Preston Cobb	Americus
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Louie Corn	Lanier
James St. John	Valdosta
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BACKS

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Georgia Tech
Track

The Southern COACH & ATHLETE

A Magazine for Coaches, Players, Officials and Fans

Vol. II JUNE, 1940 No. 8

Official Publication

GEORGIA ATHLETIC COACHES ASSN.
GEORGIA FOOTBALL OFFICIALS ASSN.
SOUTHERN COLLEGIATE BASKETBALL OFFICIALS ASSN.
ALABAMA HIGH SCHOOL COACHES ASSN.
FLORIDA ATHLETIC COACHES ASSN.

DWIGHT KEITH FRED SINGTON
Editor & Business Manager Asso. Editor & Advertising Mgr.

Claude C. Tolbert

During the twenty-four years of my work as sports editor in Atlanta one of the most gallant comrades of that period was Gabe Tolbert, the great coach and athletic head of Tech High School.

The death of this affable and lovable man and forceful personality was a severe shock to athletes now at Tech High, as well as to the hundreds of men who had played under him and graduated to the battle of life.

For a long period Gabe was the head coach of all athletics at his school, and his assistants were few and far between. In football he turned out some of the greatest prep school teams this Southland has boasted. He was a student of the gridiron pastime and a master strategist.

During the last years of his life he was battling against bad health and physical infirmities that would have stopped a less courageous spirit many years before.

Tolbert began his duties at Tech High in 1920 and right from the start he began turning out brilliant teams. His football teams won many city and state championships, ringing up during his regime 120 victories, losing 52 and tying 15.

In basketball his teams won more than 200 games while losing 55. In baseball his record of achievement was phenomenal. Starting in 1930 his teams won six city and state championships in a row. From 1929 through 1935 Tech High's baseball teams won 71 games while losing only six. I doubt if any prep school baseball team in history could surpass such a record.

I have known many coaches who were strongly attached to the use of the perpendicular pronoun in discussing their athletic teams. But Gabe Tolbert was one of the most modest coaches I have ever known.

I sometimes felt he was a bit too modest for his own good. I never could understand why some college didn't summon this wonderful coach and leader of boys to a larger field of activity.

Throughout the southland, and the nation for that matter, young men whose early lives were strengthened by their contact with him have gone. And they carried with them a devotion for their old coach and gratefulness for his work that will be a finer monument than any granite or marble could mean.

By MORGAN BLAKE

Men in White

Spring work in football has become an important phase in the training and preparation of a team for the fall campaign. Coaches everywhere are using this period to prepare their teams for harder, faster and smarter games. The fans are seeing better football each season, and one reason for it is that coaches and players are working overtime and out of season to polish off the rough spots. In former years the early season games were used for this purpose and the fans had to wait until late October or November to see good football. This is not the case today. Some of the best games come early in the season and fans can turn out in late September with the assurance that they will see a good game.

Another important factor, which is little known to the public, is the work of the officials. The officiating side of the game has developed fully as fast as the coaching and playing. During the spring and summer when football is out of the picture, the officials are studying their rules, making long trips to hold interpretation meetings, attending lectures, taking tests on speed, mechanics and the rules. They are holding their spring training, going to extra trouble and expense to make possible a faster game and a better show for the thousands who will be in the stands at the first game. Officiating has been one of the most important factors in the progress of football and they deserve a more sympathetic understanding and a deeper appreciation for the contribution they make to the game.

Southern Coverage

THE SOUTHERN COACH AND ATHLETE is fast achieving its purpose of serving the whole South. It is our earnest desire and shall be our constant endeavor to serve all the activities in all the schools in this entire section. We wish to state clearly that it shall always be our policy to serve alike all the schools: urban, rural, public, private, large and small. Stories on school activities other than varsity sports are welcomed. Our columns are open to anyone who wishes to discuss any topic relating to athletics or school activities. If you have a band, orchestra, cheer leader, debater or athletic team of which you are proud, send their picture and story and we will be glad to run it. If you have learned a better way to tape an ankle or strap a knee, let others know about it. Our purpose is to be of the greatest possible service in promoting amateur athletics, a better relationship among schools and a broader understanding of our problems.

All-Southern Loyalty

The South has a corps of All-American college coaches. By "All-American" we mean not merely their knowledge of the technique and strategy of their sport, but also the art of playing fairly the great game of life. With few exceptions, our college coaches are "regular fellows"—fair, considerate and accommodating. All are busy and have a multiplicity of problems of their own, but they budget a good portion of their time each year to help those who are young in the profession. Each summer they spend some of their vacation time working in the coaching schools to help improve the game in the high schools. The college coaches of the South have mastered not only the technique of the game, but have also mastered the great art of living!

Daytona Beach, Summer Paradise of the Southland

By JAYE N. WILLIAMS

The following article is furnished by the Daytona Beach Chamber of Commerce, co-sponsors of the Florida Coaching School, through their Recreational Publicity Director, Jaye N. Williams. It gives information regarding the attractions, and recreational opportunities offered by Daytona Beach.

DAYTONA BEACH now goes into its six month summer season; a time of the year spent more out of doors—the recreation department moves from the Casino on City Island, where over 50,000 people have been entertained the past six months, to the boardwalk with its many amusements, at the north end of which is the BANDSHELL—largest of its type in the world and where summer activities will center.

May to November the bandshell will be the scene of concerts, beauty shows, frolics, Sunday services and many different forms of entertainment.

There is something fascinating in driving down Nature's supreme "promenade." North and south for twenty-three miles runs the World's Most Famous Beach, at low tide 500 feet wide—there is room for forty automobiles to drive abreast along its full length.

This smooth, safe beach, famous for surf and sun bathing, as it is for racing, every year brings thousands of visitors to Daytona Beach who use Nature's own multi-laned boulevard.

Distracted parents find a haven on a restricted portion of the beach. Ropes are drawn across a great section, a playground instituted and a competent corps of Red Cross trained life guards are on duty. For the sun and surf worshipers there is a ten mile an hour speed limit on the beach within city limits. Speed demons may try out their motors to their heart's content on the measured mile.

Daytona Beach is a sun-drenched, breeze swept city on the edge of the ocean. Four bridges span the wide, blue Halifax River, on the west bank of which lies the heavily wooded mainland, with its business and residential sections and on the east bank the peninsula with its long sea beach, its beautiful palm lined boulevards and the homes and estates of the permanent residents and summer and

winter visitors. A growing city of over 25,000 permanent population, Daytona Beach has pure artesian water, an A-1 hospital, 60 hotels, several new ones under construction, modern shops, night clubs—in other words the means to accommodate the most discriminating taste—from the simplest to the most luxurious.

Fishing to be measured in terms of catching fish not just bait drowning, then the measuring rod becomes the summer fishing-rod casting over the salt and fresh waters of Florida. There are over 30,000 fresh water lakes in Florida, insuring a full creel to the bass fisherman; Daytona
(Continued on Page 20)

• Second Annual

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DAYTONA BEACH
FLORIDA

The Pivot

By E. A. LAMPE

Basketball Coach, University of Georgia

Coach Lampe, the author of this article, guided the Georgia Bulldogs to the finals of the Southeastern tournament last season. He will coach the South Georgia All-Star Basketball Team in the Georgia Coaching Clinic in August. The next issue will carry an article by Coach Adolph Rupp, of the University of Kentucky, who will coach the North Georgia squad.

The pivot has probably been used in various forms since the beginning of basketball. In the early days it was employed by an occasional player who did it unconsciously as an individual maneuver, but in the present day it has become one of the important fundamentals of basketball.

There are two types of pivot most commonly used. The first may be called the front pivot in which the traveling foot is swung around to the front and the other is the rear pivot in which the traveling foot is swung around to the rear. The front pivot is used when the man with the ball is dribbling down the court and the defensive man is pursuing him. It is usually made toward the sideline to avoid the defensive player, because the man guarding him keeps to the inside. Another situation in which the pivot is effective is when an offensive man upon receiving a pass is being hard pressed by his guard. If he beats the defensive man to the ball, by quickly executing a front pivot, he can avoid him and dribble on toward the basket.

The situation in which the rear pivot is employed is quite different. It is used when confronted by an opponent, instead of pursued by an opponent as in the front pivot. In a rear half-pivot, a gain of ground is made to the side and at right angles to the pivoter's original course. The pivot frees the offensive man to a position in which to pass, dribble or shoot. A three-quarter rear-pivot may be used by the man without the ball to free himself from his guard by rolling off of him. In both cases the pivot is accomplished with a turn of the body which momentarily presents the back of the pivoter toward the

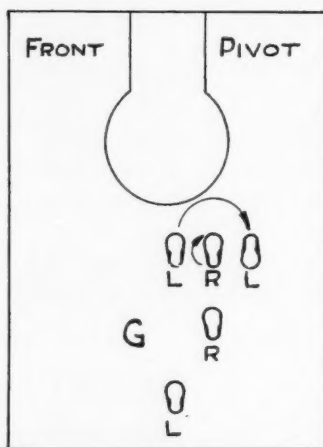


FIGURE 1

guard and so protects the ball and safeguards the pass or shot.

There are several satisfactory ways of executing a pivot. The first thing the player must do is come to a quick stop by jumping to a side-stride position with feet well spread and legs flexed at the knees. The waist should be well forward and the body crouched over the ball, which should be held in both hands with elbows in at the sides. The pivoter should avoid a long broad jump and should settle in the side-stand position with a cat-like action. When both feet strike the floor following the jump, push off strongly and immediately with one foot, keeping the other stationary. Make a half-turn on the stationary or pivot foot, so as to face about. The turn is made forward; that is, on a right front pivot, the right foot remains on the floor, the heel is raised and the pivoter rotates on the ball, not on the heel, of the right foot. The push-off is made with the left foot toward the right and the left leg is swung in an arc forward and to the right and simultaneously with it the left shoulder, so as to bring the player facing to the rear. (Figure 1.)

If going to the right, the right shoulder is lowered when the feet alight on the first jump. This brings the right shoulder closer to, and over the pivot foot, and insures a good balance for the execution of the turn. The turn is usually made toward the sidelines although not necessarily

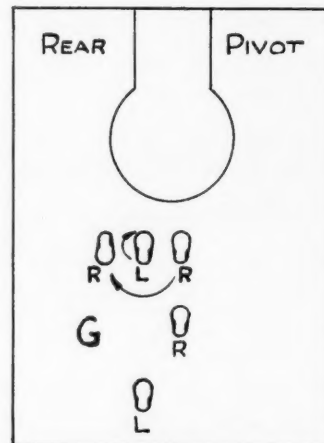


FIGURE 2

so, and usually the right foot is the pivot foot, and the right shoulder is the one lowered on the right side of the floor and vice versa. From the completion of the front turn, the ball is passed and is then followed by a repetition of the front turn which then brings the player back rapidly into the field of play. If the pivoter chooses to dribble following the completion of the turn toward the sideline, it is well for him to use the outside hand, the one next to the sideline. This gives some protection for the ball as the guard will usually return and pursue the dribbler from the inside.

The rear pivot is executed as follows: The pivoter advances within about three feet of his opponent, goes into a side-stride stand with feet well spread, flexed at the knees and hips down. If he pivots to the left, the left foot becomes the stationary foot and the right foot the swinging foot. As the pivot is made, the left shoulder is lowered to make for better balance and the swinging foot travels to the rear a half-turn as shown in figure 2. This presents the pivoter's back to the guard and frees him for a pass or shot. The two-hand-underhand pass is most natural from this position. As the pivot is made, the ball naturally settles into a position on the left hip and is thrown in an underhand swing with a good follow-through with the arms.

(Continued on Page 20)

Knee Injuries

By FITZ LUTZ
University of Georgia

Fitz Lutz, trainer at the University of Georgia, will serve as trainer of the all-star teams at the Third Annual Georgia Coaching Clinic in Atlanta, August 21-30, inclusive.



Regular strapping for injured cruciate ligaments



Front view of regular type strapping. Note opening of area of knee cap to insure true motion.



Strapping for injured external lateral ligament and external cartilage



Strapping for injured external lateral ligament and external cartilage



Rear view of regular type strapping for injured lateral ligaments and fractured cartilages. Note opening in back to insure true motion and circulation



Pressure bondage to remove excess fluid from the knee joint

Since space is limited we will endeavor to touch all phases of injuries to the knee joint as thoroughly as possible. It is our opinion that the anatomy and complicated function might be reviewed to advantage.

STRUCTURE

A. BONE

The joint consists essentially of the broadened end of the shin bone, the femur, and the knee cap. The above bones function as a hinge and not as a ball and socket joint. Therefore the joint must depend upon strong ligaments and muscles to withstand the blows of contact work, also to support strongly the weight of the body.

B. CARTILAGES

In addition to the bones there are two cartilages, semi-lunar in form, acting as a shock absorber between the shin bone and the femur. These cartilages are located on the internal and external aspect of the head of the shin bone. The outer thick portion of the internal cartilage is firmly connected to the capsule and to the internal lateral ligament, leaving free the inner margin of the cartilage. This internal cartilage does not have a very substantial attachment to the shin bone. The external cartilage is less firmly connected to the capsule and has no attachment to its corresponding lateral ligament. Both cartilages are connected by coronary ligaments to the shin bone.

C. CRUCIATE LIGAMENTS

There are two cruciate ligaments, anterior and posterior. These ligaments cross (hence their names) in

(Continued on Page 22)

It's Fun to Keep Fit on a Bike



CLAUDE BOND
Trainer, Georgia Tech

"I recommend bicycle riding for general body development. It is especially beneficial in developing and strengthening the legs, thus preventing knee and ankle injuries."



CLAUDE BOND

Trainer, Georgia Tech

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Bicycle riding is more pleasure if you are using a Walco Schwinn-Built. Come in and see the largest and most complete line in the South.

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ATLANTA, GEORGIA

Lanier—King of the Court

The G.I.A.A. basketball crown will be worn for another year by Lanier High School. Coach Selby Buck has proven a popular monarch and has sat on the coveted throne nine times in the fourteen years that the G.I.A.A. tournament has been conducted.

The picture at the right above is of the 1936 Lanier team. Every boy on that team is at present an outstanding player. Eight of the ten were on college varsity teams last season, one played intra-mural basketball at Emory University, and one played on a strong independent team.

Reading from left to right, bottom row: John McGrady, Southwestern University, Memphis, Tenn.; Felton Moore, Presbyterian College, Clinton, S. C.; Cecil Kelly, University of Georgia, Athens, who was captain of the team both at Lanier and Georgia; Sidney Churchwell, playing for Bibb Manufacturing Co.; Stewart Richardson, University of North Carolina, Chapel Hill; and Manager Charlie Brooks.

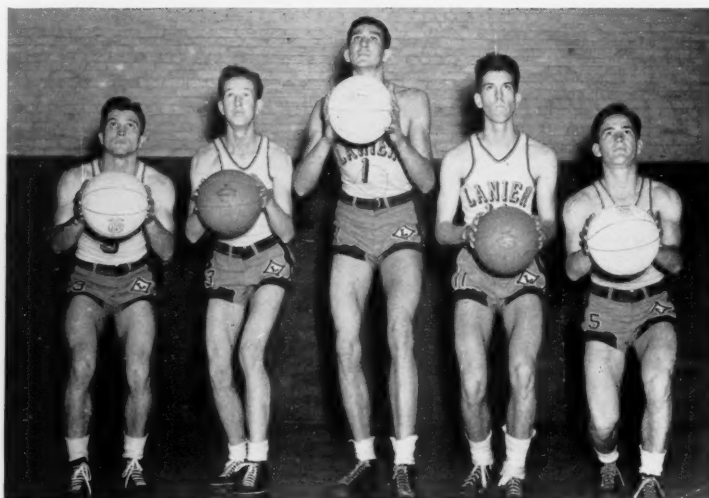
Top row: Lamar Roberts, Emory University, Atlanta, Ga.; Will Jolly, late of Richmond Junior College, Augusta, Ga., now at Georgia Tech; Alex McCaskell, University of Georgia, Athens, named S. E. Conference guard; Robert Dillard, Mercer University, Macon, Ga.; Dick Anderson, University of South Carolina.

The picture at the right below is of the current Poet team. They had less talent than many of the other Lanier championship teams, but carried enough courage and poise to battle through the 1940 tournament to the Georgia Class A crown. They played in the Southern High School tournament at Durham, N. C., and made a very creditable showing. They bowed out gracefully in the semi-finals to the great Durham High School team.

When better basketball is played in Georgia the Poets will play it, provided Coach Selby Buck is still on the throne at Lanier waving his sceptre over the battling Bibb basketekers!



LANIER TEAM—1936



LANIER CHAMPIONS—1940

Reading from left to right: Jimmie Gilreath, Don Tomlinson, Joe Murrow, Denzil Dooley, Curtis Thurston.

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Baseball Essentials for the High School Catcher

By J. V. SIKES

Baseball Coach, University of Georgia

This is the second in the series of articles by Coach Sikes on "Baseball Essentials."

Generalship. The catcher, next to the pitcher, is the most important man on the team. He is the field general of his team when on the defense. He should be a smart and an aggressive player and it is his duty to direct the play of the other players and to keep them alert at all times.

As the catcher usually decides what kind of ball is to be pitched and where it is to be thrown, he should make a close study of the hitter as to stance, position of feet, etc., to determine the weakness of the hitter. He should also make a mental note of what the hitter hit or did not hit on previous trips to the plate. He should know what pitch his pitcher can use most effectively. This information will be useful to him when the pitcher gets in a hole.

Between innings, he should discuss with the pitcher and the coach the batters who came up in the previous innings and the first three or four batters who will come up the next inning, deciding how to pitch to each. This procedure should be followed until the pitcher and catcher have a thorough understanding of how they are going to pitch to each hitter.

Signals. In giving the signals to the pitcher, the catcher should assume a squatting position with the left arm along the left leg, the mitt off the left knee to hide the signal from the third base coach. The right hand should be placed between the legs with palm against the right leg, fingers pointed down. The right leg in this position hides the signals from the first base coach. A simple set of signals are then used to tell the pitcher what kind of ball is to be thrown. These signals should be given clearly enough for the shortstop and second baseman to see in order that the signals may be passed on to the outfielders. It is wise to have two sets of signals. The alternate set to be used when there is a runner on second base.

Receiving the Ball. The catcher should be a clean fielder; that is, he should not drop thrown balls. On low-thrown balls the fingers of the mitt should be pointed down; on high balls they should be pointed up. The ball should not be jerked over

the base or up or down, but should be brought into the body with a natural arch to the throwing position. Be ready at all times to shift to meet wild throws. Do not have passed balls. Block low pitches with the glove, arms and body.

Returning the Ball to the Pitcher. When returning the ball to the pitcher a fast, strong throw, letter to eye high, should be used. This keeps the pitcher alert and prevents base runners from taking advantage of a lob throw to advance a base. An accurate throw should be made to keep the pitcher from having to spend extra energy bending or jumping for wildly thrown balls.

Throwing to the Bases. With runners on the bases the catcher should receive every pitch in position to throw. If the ball is thrown to the catcher's left, he should step over with his left foot to get in front of the ball; then step over and back with the right foot in position to throw. If the ball is to the right of

the catcher, he steps over with the right foot to get in front of the ball, then brings the left foot up and over and is therefore in the throwing position. In throwing to the bases, a snap throw should be used. This should be a straight overhand throw with the arm never going below the waist while being drawn back and never higher than the head when making the throw. The ball should be delivered quickly. A hard-thrown ball never makes up for a slow delivery. The catcher should always step in the direction of the throw and follow through with the arms and body. When throwing to first base to catch a base runner, the ball should be thrown across the infield side of the base about knee high. When throwing a bunted ball to first base, the ball should be thrown three feet to the infield side of first base. When throwing to second base, the ball should be thrown over the base knee to waist high. When throwing to third base, the ball

(Continued on Page 20)

Facts about GEORGIA MILITARY ACADEMY College Park, Ga.

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Fifth Annual Southern Prep Golf Tournament

By AL SHARP

Gene Dahlbender, Jr., of Atlanta's Marist High, broke the ice with his victory in the fifth annual Southern Prep and High School Golf Tournament at Chattanooga May 2 and 3.

Dahlbender had played in 35 or 40 tournaments, but he had never taken a title. And after watching the 16-year-old golfer you would agree it won't be his last.

In winning the title from a field of 82 players from 26 schools, Dahlbender shot 71-79-78 over the regulation 54-hole route to tie Herschel Spears, of Nashville's East High, and then beat Spears decisively in the play-off, 75 to 79.

Spears blew his chances to win the tournament by scoring a 7 on the 54th hole, a tough par 3. After tying the Atlantan at 228, Spears could not stand the birdie pace Gene set on the opening holes of the play-off. So Dahlbender breezed to victory.

Dahlbender's victory gave Atlantan the title for the third time in the five-year history of the tourney. Jack Cook, now a member of the Georgia Tech golf team, and Luke Barnes won while playing for Tech High.

Other champions were Grover Poole, of Raleigh, N. C., and Charles Dudley, Greenville (S. C.) youth who represented Baylor School.

Gordon Institute, of Barnesville, Ga., took team honors, the team's 987 being only four shots ahead of Nashville East.

That the field is fast has been proven year after year. For instance, Poole won with 217, seven strokes over the par 210 at which the Chattanooga Country Club was playing at that time. This year it was played at par 71, and the cold, windy weather hurt the kids' chances at par.

The tournament is sponsored by the Rotary Club of Chattanooga. Entrants, or the schools, pay \$3 per player. The entry fee includes lodging on cots in the ballroom at the Country Club and meals while the tourney is being played.

Handsome trophies are presented the winners and runners-up and many other prizes are given for the lowest score, most birdies, etc.

The tournament is considered one of the finest developments in golf in promoting the game for youngsters.

Officials' Banquet for Prep Coaches

The annual G.I.A.A. Prep Coaches Banquet, given during the spring every year by the Georgia Football Officials Association, was held on Friday night, April 26, 1940, at the Atlanta Athletic Club, Atlanta, Ga., with fine attendance.

This banquet is held for the benefit of the coaches, with only the President and Secretary of the G.F.O.A. on hand, as it is more or less an open meeting whereby all coaches can have a general discussion on the officiating during the past season. Also, the Secretary of the G.F.O.A. has an open discussion on reports from officials on some coaches' actions during the season past. This, we have found, creates a better understanding between the coaches and officials and also tends to tie the organizations together into one unit, creating fine fellowship as they are both endeavoring to secure football games played under fine sportsmanship conditions.

It seems to have been the general opinion of all coaches in attendance that the officials handling the G.I.A.A. football games, during the 1939 season, were not strict enough on teams using shifts. It was taken by favorable vote that all coaches were in favor of stricter enforcement on all shifts for the 1940 season. With this in mind, the Secretary is reporting back to all officials of the G.F.O.A. the request by the coaches that stricter enforcement of all shift formations will be in effect for 1940 and all of you coaches had better be prepared for your instructions for 1940 which we certainly will carry out.

We had some very fine reports from various coaches on the officiating for the 1939 season, and also had some constructive criticism which will

be beneficial to all officials. In the meantime, we carried some suggestions to the coaches, whereby they could also be of help to the officials in carrying out their work for future seasons.

Coach R. L. Doyal made a resolution at this banquet that the Secretary of the G.F.O.A. with a coaches committee, write up an obituary of the late C. T. (Gabe) Tolbert, former head football coach at Tech High School, Atlanta, Ga., and send this to the Atlanta newspapers, with the suggestion that they outline in detail the twenty years of fine coaching and wonderful record made by Coach Tolbert in prep circles. Coach Doyal also included as a part of his resolutions that the Secretary of the G.F.O.A. write the family of Mrs. C. T. Tolbert a letter of sympathy in the loss of Gabe to all of us.

Respectfully submitted,
G.A. FOOTBALL OFFICIALS
ASSOCIATION,
GEORGE GARDNER,
Secretary-Treasurer.

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The Georgia High School Assn. Athletic Contests

By S. F. BURKE
Secretary, Georgia High School Association

The annual meet which was held at Athens May 2, 3 and 4 was the most successful the association has yet conducted. Without attempting a detailed report, I shall give some of the results which I believe will be of special interest to athletic men.

Some of the outstanding performances in the track meet were as follows:

Ernest Truitt, of Chipley, won both 100 and 220 in Group C, and Mack Ragan, of Edison, scored a double in Group C by winning the 440 yard dash and the broad jump.

Kenneth Dews, Edison, set a new Group C record in the pole vault—11 ft. 5½ in.

In the Group C discus the first three places were all at better distances than the old record. The new record goes to Walter Beddingfield, of Cadwell—120 ft. 2 in. Charles Cain, of Tucker, and Howard Edwards, of Bogart, both bettered the old mark for Group C. The discus is the college weight discus and not the lighter weight high school discus.

Group B produced no double winners. However, two state records were broken. In the first heat of the 120 low hurdles Jerry Nunnally, of Athens, topped the timers in 14.1 seconds. In the final heat, while leading by nearly twenty yards and with a new mark almost in his grasp, Nunnally shaved the next to last hurdle too close and took a bad spill. He was unable to finish the race. Had he continued without a spill he would probably have bettered 14.1. He showed his courage to come back a few minutes later and qualify first in his heat of the 220 yard dash. He placed second in the final heat. Undaunted by his failure to score a first he ran the anchor leg of the relay to give Athens High a close victory over Lee, of Chickamauga, in the final.

William Beeland, of Greensboro, set a new record in the discus for Group B with a toss of 123 ft. (college weight discus). Beeland broke the old record on his third throw with a toss of 120 ft. 1 in. Two throws later Litchas, of Thomasville, bettered Beeland's mark with a throw which measured 122 ft. 5 in. On his last throw, with defeat staring him in the face, Beeland uncorked a toss of 123 ft. to win. This is the fourth

year that Beeland has represented the Tenth District in the discus at the state meet and was the first time that he has placed in the first three.

At the annual spring business meeting of the association the following new state officers were elected:
President—J. E. Barron, Homerville
Vice-President—H. B. Causey, Monroe.

Secretary-Treasurer—S. F. Burke, Thomaston.

The recommendations made by the track coaches at the annual coaching clinic last summer were acted upon as follows:

1. That the preliminaries of the state track meet be held one day and the finals the next day. This was adopted. President Barron appointed the following committee to revise the time schedule of events in view of the change: Coach Forest Towns, University of Georgia; Johnny Broadnax, University of Georgia, and S. F. Burke, of Thomaston.
2. That the 880 yard run be added to the list of events. This was not adopted.
3. That points for the district and state meet be given for four places. This was adopted but the point score as recommended by the track coaches was changed so as to give first place, 7; second place, 5; third place, 3; and fourth place, 1.
4. Recommendation in regard to trophy was not presented as this had already been provided for.
5. That mimeograph report be sent out at once giving results of the meet. This was adopted.

There were several other changes of importance. One of the most important to coaches was the elimination of the section which bars a state winner of first place from further competition. Any winner as long as he meets other eligibility requirements is eligible to defend his title if he can again win first place in his district.

Another vital change was the divorcing of tennis from track. This year tennis counted for points towards the Athletic Cup. Tennis will not count as points for the athletic cup but will be a separate event.

(Continued on Page 21)



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. SPLIT MINUTES .

By L. L. McLUCAS

Secretary, Florida Coaches Association

The first session of the annual Florida Athletic Coaches Association meetings held in Orlando, March 27th, in the Angebilt Hotel, got under way at 10 p. m. with a meeting of the board of directors. Several matters of business were brought before the board for discussion, and after a discussion of these items, the secretary was instructed to report to the general assembly the following day the action taken by the board of directors.

The business meeting of the general membership was held in the Orange Court Hotel at 10 a. m., March 28th, with 150 coaches in attendance. It was one of the largest groups ever to attend a meeting of the association, which was presided over by President Hobart Hooser of Lake City.

The meeting opened with a report of the board of directors which contained the following recommendations:

1. That all applications for membership received by the secretary be accepted.
2. That the district directors be appointed by the newly-elected president.
3. That the SOUTHERN COACH AND ATHLETE be adopted as the official publication of the F.A.C.A.
4. That all members delinquent in their dues be re-instated upon payment of 1940-41 dues.
5. That the dues be increased to \$1.50 per year.
6. That the five proposed changes to the constitution dealing with allied membership, time and place of the annual meeting, election of district directors, meeting of the board of directors, and standing committees be adopted.

These recommendations were voted upon by the members and all were passed without a dissenting vote.

Also brought before the meeting were seventeen proposed changes to the constitution of the Florida High School Athletic Association. Two of the proposed changes were approved by the coaches association, who recommended to the legislative council of the Florida High School Athletic Association that they be adopted. At a meeting of the F.H.S.A.A. later in the afternoon these two proposed changes were adopted. The other fifteen either were defeated or never got to the floor.

After these measures were voted upon, there were reports from the various committees and election of officers.

One of the high spots of the meetings was the dinner held at the Orlando Country Club with 225 coaches and guests present.

Coach W. A. Alexander of Georgia Tech was the principal speaker, and his talk was thoroughly enjoyed by all. Other persons contributing to the success of the program were Bobby Dodd and Roy McArthur of Tech, who showed movies of the Orange Bowl game and the Duke-Tech game and gave comments.

Included among the guests were Charlie Griffin of Tech, Brad Byrd of the Old 'Gator Scrub, Arthur Hutchins, commissioner for the Southern Football Officials Association, Joe Hall, State consultant in health and physical education, Pix Pierson, coach of the University of Tampa, Arnold Finnefrock and Bob Hayes, sports editors of Florida Times-Union and Orlando Morning Sentinel, respectively, and members of the legislative council of the F.H.S.A.A.

Another feature of the three-day program was the golf

By DWIGHT KEITH

Secretary, Georgia Coaches Association

All the district directors have not sent in their report on the all-star players who were selected to participate in the third annual coaching clinic. Ascertain as soon as possible if the players in your district accept the invitation to participate in this program, and send the information to the secretary. This information is needed before the close of school so that if alternates have to be called in the boys can be contacted more easily.

Memberships in the association expired May 1st. They should be renewed now to avoid the handling of it at the clinic. Dues are only \$1.00 per year and I am sure the benefits will more than compensate you for this small fee. There are a number of new coaches who might not be acquainted with our association. Explain to them the purposes of our organization and the benefits of joining. The benefits will naturally increase with the increase in membership. A large membership will give us the strength to be of greater service to the coaches and to amateur athletics. Anyone who is actively engaged in coaching any sport in the State of Georgia is eligible and should affiliate with the association. Assistant coaches, coaches in the small schools, and coaches of all minor sports are welcome and urged to become a member on equal footing with the coaches in the larger schools of the state. By affiliating with the coaches association a coach can improve himself professionally, from wider and more intimate acquaintance with other coaches and enjoy a number of other benefits to which members are entitled. No coach who wants to keep up with his sport will want to miss the annual coaching clinic this summer. Your membership will save you \$8.00 in tuition at this school. Even if you cannot attend the clinic this summer, you will want to join the association and, thereby, strengthen our organization so we will be able to offer more when you can attend.

When joining send the following information to the Secretary at 751 Park Drive, N. E., Atlanta, Georgia: school address, sport which you coach, and summer address. Those changing their address this summer should notify the Secretary of this change as it will save the association postage and also will enable you to receive your mail more promptly.

Watch this column in the next issue for any announcements and further details concerning the third annual coaching clinic.

FLORIDA SPLIT MINUTES—(Continued)

tournament, held Friday morning. Thirty coaches participated in this first tournament, with Freddie Rahaim, assistant coach at Landon, carrying away top honors with a 76.

The officers and directors for 1940-41 are as follows:

Bob Lockett, St. Petersburg, president; Amos Godby, Tallahassee, first vice-president; I. W. Brandt, Cocoa, second vice-president; L. L. McLucas, Sanford, secretary-treasurer; Spike Welshinger, Daytona, sergeant-at-arms.

District 1: Ernie Priest, Pensacola. District 2: Paul Worley, Perry. District 3: Warren Kirkham, Jacksonville. District 4: Jack Smith, Ocala. District 5: Russell McCracken, New Smyrna. District 6: Jim Melton, Sebring. District 7: Spurgeon Cherry, Tampa. District 8: Jess Yarbrough, Miami.

New Football Coach

University of Florida



THOMAS J. LIEB
Head Football Coach, University of Florida

Thomas Lieb, newly-appointed football coach at the University of Florida, is a native of Faribault, Minnesota. He attended high school in Faribault, where he competed for four years in football, baseball and track.

He attended Notre Dame, and was graduated cum laude with a Bachelor of Science degree in 1923, later receiving his Master of Arts degree in psychology in 1926. At Notre Dame, Lieb participated in football, baseball, track and hockey. He was a regular varsity halfback in 1921 and first string tackle in 1922, receiving honorable mention as All-American tackle that season. In 1921, Notre Dame lost only to Iowa. The score was 10-7, and it was Notre Dame's first defeat in 21 starts. The 1922 team lost only to Nebraska, and was tied by Army in 10 starts.

Lieb was a member of the varsity track teams in 1922 and 1923. In the Western Conference meet in 1922, he set an all-time Notre Dame record of 147 feet, 8 inches in the discus throw. In 1924 he participated in the Olympic games at Paris, France, and placed third in the discus throw.

Lieb was first string catcher in 1922 and 1923 and was also a member of the hockey team.

COACHING RECORD

In 1923, 1924 and 1925 Lieb was football line coach at Notre Dame. The next three years, 1926-28, he was line coach at the University of Wisconsin. In 1928 the Badgers tied for the Big Ten title and handed Notre Dame its worst defeat—25 to 6. In 1929 Lieb returned to Notre Dame as line coach. During that year he had charge of the football team during much of the season due to the illness of Rockne. Notre Dame won all its games that fall and was acclaimed the national champion. In 1930, Lieb was named director of athletics and head football coach at Loyola University, Los Angeles, a position he held until 1939. During his nine years at Loyola, the small school saw a tremendous increase in football interest. Attendance at the games jumped from 15,000 in 1930 to approximately 200,000 in each of his last three years there.

In March, 1940, Mr. Lieb was given a three-year contract as head football coach at the University of Florida. He is a gentleman of the type that adds dignity and credit to the coaching profession, and the South is glad to welcome him to this section. Coaches and fans wish him success in his new position.



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The coat and pants are of a lighter shade, the slacks are of a darker, blending color to be worn with the coat as a sports ensemble. Drop in at Zachry and see this young man's style for 1940.

ZACHRY
87 PEACHTREE

DAYTONA BEACH—

(Continued from Page 9)

Beach has an easy access to both salt and fresh water fishing.

All the varied forms of sports and entertainment are in Daytona Beach in the summer. Shuffleboard, roque, lawn bowling, horseshoe pitching, tennis, golf, baseball, badminton, handball, chess and checkers, card and dancing clubs, horseback riding, archery, beach and bathing parties, sail and motorboat racing—in fact one can find the sort of pastime suited to his fancy. The host city of Florida will once more be the scene of the coaching school's six days of intensive instruction in football and basketball by last season's champions on August 19 to 24 inclusive. This is an opportunity that no progressive coach can afford to miss. Instructions will be by masters of their respective games; Frank Leahy, head coach at Boston College, will demonstrate all phases of line play and lecture on the offensive and defensive formations that he uses at Boston College. Lowell Dawson, head coach at Tulane, will lecture on the single wing back with variations, offensive and defensive strategy. Robert Dodd, coach at Georgia Tech, will specialize with the passing game and use of deception. A. F. Rupp, basketball coach at the University of Kentucky, will show the uses of both double and single pivot offense in his slow break game, combined with a fine fast break. There will be lectures, demonstrations, motion pictures and individual instructions. Tuition will be \$15.00—rooms and meals at most reasonable rates.

For further information regarding Daytona Beach, the outstanding Coaching School of the South, write G. R. Trogon, Landon High School, Jacksonville, Florida, or L. L. McLucas, Seminole High School, Sanford, Florida, who are the school's supervisors.

On arrival at the host city of Florida which, by long practice, is used to caring for the entertainment and housing of its visitors, it is primarily up to the visitor himself as to what his vacation will cost him. Rooms, apartments, bungalows, cabanas, houses and hotels, both on the mainland and peninsula, may be had from the very cheapest of rates to the highest. One can be on the beach or within easy access at most reasonable prices. The prospective visitor stating his exact wishes to the Daytona Beach Chamber of Commerce may find out in advance just what his accommodations will cost him.

THE PIVOT

(Continued from Page 10)

In the use of the rear pivot, the pivoting player should endeavor to avoid contact. It is a mistake for the pivoter to turn so close to the guard that the latter can make contact without having definitely to advance toward the ball. In other words, the pivot should be made away from the guard and out of the direction of the original course when the pivot began. No attempt should be made to throw the hips into the guard as is so often done. Preferably, the pivot should be begun when about three feet from the guarding player and should result in an abrupt change of direction almost at right angles to the original course, and not into but away from the guard. The pivoter who gains only seventy to ninety degrees to the side instead of one hundred and eighty degrees is not fully utilizing his turn. The rules fully allow for this side gain when they permit one step in any direction with the ball. The side gainer, by taking the pivoter away from his guard, puts the establishment of contact squarely up to the latter and also the responsibility of any contact foul that may result from the play.

In order to perfect the pivot, it requires a great deal of drill work. The player should be able to do it instinctively and with rhythm and ease. It is used a great deal, especially in a set type of offense and in screening plays. About ten to fifteen minutes of pivoting drill a day is well worth while for any type of modern offense.

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BASEBALL ESSENTIALS

(Continued from Page 15)

should be thrown knee high over the infield side of the base. He should never look at the runner when throwing to the bases.

Fielding the Position. On all balls that are hit in the dirt close to home base and on all bunts, the catcher should immediately start after the ball. He may be the only player who can field the ball quickly enough to retire the batter or the runner. In fielding a bunted ball, he should use the glove to stop the ball and pull it in to the throwing hand. A quick, strong throw should be made. Never lob the ball. When going after foul flies, he should start immediately at the crack of the bat in the direction the ball is hit throwing off his mask as he starts. As much practice as time will allow should be used hitting foul flies to the catcher.

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Hi Coach!



W. D. HEWES

At their annual meeting in Birmingham, the high school coaches of Alabama elected W. D. "Rip" Hewes president of the Alabama Coaches Association for 1940.

Coach Hewes attended the University of Alabama, where he graduated in 1932. He played center on the varsity football team for the Crimson Tide. In his seven years' coaching experience, he has won 52 games, lost eight and tied three. He is at present head coach and athletic director at Dothan High School, Dothan, Ala.

BLOCKING AND TACKLING

(Continued from Page 5)

It is hard to score against a team of good tacklers. A poor tackling team is usually a losing team. Poor tacklers almost invariably lack determination and for that reason alone cannot be winners. At Georgia we work on form tackling at least four days each week. We believe most poor tacklers lack confidence. In our group work we try to sell each boy on the idea that he can tackle well. Often boys who show poor form will come around if they are encouraged to keep working to correct mistakes.

GA. HIGH SCHOOL MEET

(Continued from Page 17)

Also, to clear up the situation in regard to tennis, it was announced that doubles and singles in the state meet will be played on the same day. This has the effect of barring any boy or girl from competing in both singles and doubles.

The Athletic Cup for Group B was won by the Tenth District. The Athletic Cup for Group C was won by the Second District.

RESULTS OF STATE MEET

ATHENS, GA., MAY 2, 3, 4,

GROUP B

100 Yard Dash—Bobby Morgan, Carrollton. Time: 10.3.
Shot Put—W. D. Adkins, Lee High, Chickamauga. Distance: 44 ft. 9½ in.
120 Yard Hurdles—Wright Hollingsworth, Cave Springs. Time: 14.8 sec.
Broad Jump—C. D. Rogers, Waycross. Distance: 19 ft. 10¾ in.
440 Yard Dash—David Bottoms, Canton. Time: 54.3 sec.
220 Yard Dash (around curve)—Ellis Davis, Zebulon. Time: 23.1 sec.
Pole Vault—Tie, Gordon Wilkins, Colquitt; W. Wilhoit, Warrenton. Height: 11 ft.
Discus—William Beeland, Greensboro. Distance: 123 ft.

(Note—New State Record—college weight discus. Beeland broke state record on third throw with 120 ft. 1 in. Litchas on next throw bettered Beeland's mark with 122 ft. 5 in. Beeland on last throw tossed 123 ft to beat Litchas.)

High Jump—Jack Mullis, Lee High, Chickamauga. Height: 5 ft. 8 in.

880 Yard Relay—Athens High, C. Aaron, L. Bradbury, C. Bailey, J. Nunnally.
Tennis (Boys' Singles)—Eugene Spiers, LaGrange.
Tennis (Boys' Doubles)—William Cate, Brunswick.
Tennis (Girls' Singles)—Mary Stevenson, Brunswick.
Tennis (Girls' Doubles)—Mary Stevenson, Margaret Powelson, Brunswick.

GROUP C

100 Yard Dash—Ernest Truitt, Chipley. Time: 10.8 sec.
220 Yard Dash—Ernest Truitt, Chipley. Time: 24 sec.
440 Yard Dash—Mack Ragan, Edison. Time: 55.2 sec.
120 Low Hurdles—Richard Fowler, Woodbury. Time: 15.3 sec.
Shot Put—T. A. Calhoun, Montezuma. Distance: 42 ft. 7½ in.
Discus (college weight)—Walter Beddingfield, Coldwell. Distance: 120 ft. 2 in. (New state record).
Broad Jump—Mack Ragan, Edison. Distance: Pole Vault—Kenneth Dews, Edison, Height: 7? 19 ft. 3 ½ in.
11 ft. 5½ in. (New state record for Group C).
High Jump—Tie, James White, Edison; John Wilson, Crawford. Height: 5 ft. 6 in.
880 Yard Relay—Edison, Kenneth Dews, Lee Pierce, William Hornsby, Jesse Rabon.
Tennis (Boys' Singles)—William Rutherford, Parrott.
Tennis (Boys' Doubles)—William Rutherford, James Pierce, Parrott.
Tennis (Girls' Singles)—Dorothy Garner, Wadley.
Tennis (Girls' Doubles)—Idahlyn Swint, Bobilyn Swint, Milner.

STATE GOLF TOURNAMENT

Medalist in qualifying round—Ike Scott, Griffin.
Team score (low in qualifying round)—Griffin. Jake Cheatham, Davis Williams, Bobby Wheaton, Ike Scott.

INDIVIDUAL WINNERS

Championship Flight—Joe Hollis, Newnan.
Second Flight—Bill Winkenweder, Waycross.
Consolation Flight—Ben Lefevre, Louisville.
Girls—Louise Suggs, Austell.

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KNEE INJURIES

(Continued from Page 11)

the back of the joint forming a restraining corse preventing the shin bone from slipping backward and forward. The ligaments cross each other forming an X, thereby locking the joint against abnormal extension.

D. INTERNAL LATERAL LIGAMENT

As stated above the internal lateral ligament is very important in that the internal cartilage is attached to it. A strong internal lateral also prevents lateral motion of the joint.

E. EXTERNAL LATERAL LIGAMENT

Of almost equal importance with the internal lateral ligament except that the external cartilage does not attach to the external lateral ligament. The strength of the joint is primarily dependent upon the development of both the internal and external lateral ligaments.

INJURIES TO THE CARTILAGE—CAUSE

Blow from outside of joint while knee is in locked position causing the inner side of the joint to spread and tearing loose the cartilage from that connection.

SYMPTOMS

Locking of the joint. Also a slight clicking sound when joint is moved. Pain in cartilage area.

DIAGNOSIS

Place thumb on area for tenderness, more towards the insertion at the internal lateral ligament than directly on the cartilage.

X-RAY

For possible bone injuries.

TREATMENT

Carry injured from field, make comfortable, elevate leg, apply ice pack for fifteen minutes to arrest hemorrhage. If cartilage is displaced reduce and make joint immobile. Keep immobile for ten days repeatedly applying heat, also light massage, to discourage atrophy. After tenth day start passive motion and graduate into an active form. From here on institute corrective exercise.

In some instances the membrane covering the cartilage area has been torn aiding the cartilage to protrude enough to lock the joint without

causing any injury to the cartilage whatever. This membrane will heal if kept immobile and if the cartilage has been reduced to its original position. We have tried this method and found it very satisfactory. However, after a second displacement surgery is indicated.

INJURED CRUCIATES—CAUSE

Blow directly on front of the knee causing the joint to be strained backwards.

SYMPTOMS

Injured feels as if the joint has nothing to restrain it from bending backward.

DIAGNOSIS

Same as symptoms. Also tenderness of that area.

X-RAY

For possible bone injuries.

TREATMENT

Carry injured from field, make comfortable, apply ice for forty-five minutes. Strap as shown. Place person on crutches. Apply heat after twenty-four hours. Keep strapping and heating daily. Least possible recovery time ten days, according to extent of injury.

INTERNAL LATERAL LIGAMENT INJURIES

Most common of knee injuries.

CAUSE

Blow on outside of knee causing the internal ligament to pull and stretch. This can also be caused by planting the foot and cutting back to the inside, causing the ligament to become strained.

SYMPTOMS

Pain along the area of the ligament. Also lateral motion causes pain.

DIAGNOSIS

Looseness of joint to passive manipulation. Pain on attempt of extension.

X-RAY

For possible bone injury.

TREATMENT

Carry injured from field, make comfortable, inspect, apply ice for forty-five minutes. Apply strapping as shown. Place injured on crutches. Begin heating after twenty-four hours and continue heating and light mas-

saging until tenderness is gone. Keep strapping when player returns to work to prevent recurrence of injury.

EXTERNAL LATERAL LIGAMENT INJURIES

To my limited knowledge this certain injury is less common than any other of the above named. The diagnosis and treatment are the same as to the internal lateral ligament.

WATER ON THE KNEE

(Not as serious as once thought).

CAUSE

Blow or continual bruising on front of the knee, causing an excess amount of fluid to accumulate in the Synovial Sac.

DIAGNOSIS

Excessive swelling at the front of the joint. Tenderness.

X-RAY

For possible bone injury.

TREATMENT

Ice and pressure pack plus immobilization. Aspiration is indicated in severe and chronic cases. Soft pad when player returns to practice.

It is safest to consult your physician about all joint injuries.

We believe that the return to the old style box cleat will cut down on most knee injuries.

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